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# Specific Sound and Oral-Posture Exercises

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## Labial Closure

**Suggested target areas:** oral-motor strength, coordination, speech intelligibility

Have the client produce the following words with specific attention and emphasis on reaching maximum lip closure and symmetry during the production of the targeted sound. Depending on the client's skill level, these exercises can be completed at the imitation level through the spontaneous production level.

**single word level: initial /m/**

<b>me</b>	<b>mop</b>	<b>mist</b>	<b>meter</b>
<b>meet</b>	<b>mite</b>	<b>melt</b>	<b>measure</b>
<b>mess</b>	<b>mix</b>	<b>moth</b>	<b>merit</b>
<b>may</b>	<b>mutt</b>	<b>mud</b>	<b>machine</b>
<b>main</b>	<b>mat</b>	<b>mice</b>	<b>magnet</b>
<b>mitt</b>	<b>man</b>	<b>mate</b>	<b>muffin</b>
<b>mill</b>	<b>mail</b>	<b>marine</b>	<b>mystic</b>
<b>mourn</b>	<b>mouth</b>	<b>mister</b>	<b>moldy</b>
<b>mine</b>	<b>map</b>	<b>mouthful</b>	<b>mildew</b>
<b>mole</b>	<b>myth</b>	<b>melon</b>	<b>mileage</b>
<b>my</b>	<b>meal</b>	<b>model</b>	<b>maintain</b>
<b>move</b>	<b>men</b>	<b>martial</b>	<b>manner</b>
<b>moon</b>	<b>maze</b>	<b>movie</b>	<b>modern</b>
<b>mad</b>	<b>make</b>	<b>middle</b>	<b>monster</b>
<b>milk</b>	<b>miss</b>	<b>morning</b>	<b>maneuver</b>

**single word level: medial /m/**

<b>aiming</b>	<b>command</b>	<b>Jimmy</b>	<b>lamine</b>
<b>someone</b>	<b>dreamer</b>	<b>demand</b>	<b>salami</b>
<b>women</b>	<b>homely</b>	<b>image</b>	<b>ominous</b>
<b>Simon</b>	<b>damage</b>	<b>Tammy</b>	<b>numeral</b>
<b>limit</b>	<b>famous</b>	<b>checkmate</b>	<b>flamingo</b>
<b>cement</b>	<b>limeade</b>	<b>hammer</b>	<b>dominos</b>
<b>climate</b>	<b>steamer</b>	<b>grimace</b>	<b>whimsical</b>
<b>timer</b>	<b>tamer</b>	<b>bloomer</b>	<b>animal</b>
<b>common</b>	<b>layman</b>	<b>limerick</b>	<b>tomato</b>
<b>tumor</b>	<b>amiss</b>	<b>family</b>	<b>comedy</b>
<b>among</b>	<b>woman</b>	<b>camera</b>	<b>familiar</b>
<b>swimmer</b>	<b>foamy</b>	<b>tamale</b>	<b>lawnmower</b>
<b>humor</b>	<b>beaming</b>	<b>ceramic</b>	<b>customer</b>
<b>summit</b>	<b>camel</b>	<b>simulate</b>	<b>America</b>
<b>comet</b>	<b>lemon</b>	<b>ultimate</b>	<b>parameter</b>

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## Specific Sound and Oral-Posture Exercises, *continued*

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### Labial Closure, *continued*

single word level: final /m/

arm	farm	came	redeem
time	name	fame	system
from	gum	thumb	blossom
harm	skim	chum	sunbeam
gem	comb	whim	bedtime
loom	team	game	supreme
home	charm	some	problem
him	foam	zoom	random
dime	jam	forum	bathroom
boom	bum	income	custom
ham	room	extreme	wisdom
lime	balm	bottom	became
aim	seem	William	diagram
ram	Tom	daydream	stadium
dim	blame	heirloom	calcium

two-word level: initial /m/

much more	moon mark	Monday movie
man may	mere mile	Mr. Murray
make meat	made map	Marie married
my maid	make more	minute mandate
my mood	main merge	mayor Martin
meek move	merry mike	medial muscle
mad men	mean migraine	monitor many
mad moose	major machine	magical mermaid
mesh mat	muggy middle	marine motorcade
move me	monster mudhole	monkey musician
mall mob	model magnet	mellow musician
may march	moving money	military march
more mice	mystic mountain	motorist magazine

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## Specific Sound and Oral-Posture Exercises, *continued*

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### Labial Closure, *continued*

**two-word level: final /m/**

l'm home.	rhyme time	defame William
some time	numb arm	tandem twosome
dorm room	frame Sam	condemn bathroom
calm him	time bomb	Belgium system
same game	storm home	redeem wisdom
trim ham	blame Jim	extreme fathom
warm gym	plum jam	autumn sunbeam
l'm Tom.	swim stream	sodium problem
dim beam	name fame	became helium
same team	plum blossom	stadium stockroom
dream gem	theme album	overtime boredom
lamb farm	income sham	aquarium room
some gum	denim shame	supreme heroism

**two-word level: initial and final /m/**

my time	move them	monkey system
miss him	my arm	movie system
my farm	moth harm	mobile phantom
move them	meet Tom	mitten denim
mail some	march home	molten balsam
main game	made jam	middle daytime
math team	martyr shame	mountain bottom
may come	measure courtroom	maybe random
make lamb	Mabel became	Mexican bedroom
mock him	married Adam	manager symptom
more charm	malice income	Madeline problem
more cream	mother custom	magician boredom
main farm	mustang extreme	muffin sugarplum

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## Specific Sound and Oral-Posture Exercises, *continued*

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### Labial Closure, *continued*

sentence level: /m/

1. Kim **made** plum **jam**.
2. **Make** them **move** over.
3. **My** milkshake is **melting**.
4. I **miss** my home in **Miami**.
5. **My** dream home is in **Maine**.
6. **My** farm is my claim to fame.
7. **Mike** came to my dorm room.
8. I've **made** up my mind to **move**.
9. The **mayor** was **mad** at the **mob**.
10. **Make** some more mincemeat pie.
11. **Miss** Margot **makes** wind chimes.
12. **Mary** and **Morton** will **marry** this **May**.
13. **Tom** has more charm than it **may** seem.
14. His **comments** **made** the **mechanic** **mad**.
15. **Sam** came home from the swim **meet**.
16. Come home with **me** and have some **ham**.
17. **Meet** me at the **mall** at the **same** time **tomorrow**.
18. The **mysterious** **music** came from the **mountaintop**.
19. The **home** team will **meet** up with the **Mets** on **Monday**.
20. **My** Aunt **Mimi** came home from the **mall** without a **dime**.